The 10 hours on the sample agenda would be parceled out over days based on the availability of the technical assistance provider who is serving as the course instructor and the student. Please note that the sample agenda is based on the maximum amount of time allowed for CEU credit, as explained in footnote 3:

The agenda assumes that the provider and student use the maximum amount of time allowed for CEU credit, 10 hours¹. However, this program is designed to be flexible so that the provider and student can meet for however long is necessary in the student's particular situation, ranging from 1-10 hours¹. The actual number of hours that the student spent working on the RRA and ERP will be reported by the provider on the Certificate of Completion.